

Orme Family Fitness

**DECEMBER
2018**

727 Lake Monticello Rd, Palmyra
(434) 589-8700
www.ORMEFAMILYFITNESS.com

Wed

Thu

Fri

**Not a Member?
Not a Problem! Be
Our Guest and Take
a Class for \$8**

LOBBY HOURS

Mon-Thu 9am-8pm
24/7 Equipment Floor
Access and
Surveillance Available
to Gym Members..

3
10am Yoga
6pm Step

4
6pm PiYo/Core
7pm Pump

5
9am 20/20/20
10am Zumba Gold
6pm Get F.I.T.!
7pm *Cycle Circuit*

6
10am Vinyasa Flow Yoga
6 pm Zumba

7
10am Get Ripped!

CHILDCARE HOURS

Mon – Thu 5pm-8pm
24/7-Exercise on
YOUR Own Time..

10
10am Yoga
6pm Step

11
6pm PiYo/Core
7pm Pump

12
9am 20/20/20
10am Zumba Gold
6pm Get F.I.T.!
7pm *Cycle Circuit*

13
10am Vinyasa Flow Yoga
6 pm Zumba

14
10am Get Ripped!

17
10am Yoga
6pm Step

18
6pm PiYo/Core
7pm Pump

19
9am 20/20/20
10am Zumba Gold
6pm Get F.I.T.!
7pm *Cycle Circuit*

20
10am Vinyasa Flow Yoga
6 pm Zumba

21
10am Get Ripped!

24
Lobby Closed

25
Lobby Closed
Merry Christmas!

26
9am 20/20/20
10am Zumba Gold
6pm Get F.I.T.!
7pm *Cycle Circuit*

27
10am Vinyasa Flow Yoga
6 pm Zumba

28
10am Get Ripped!

31
Lobby Closed

1
Lobby Closed
Happy New Year!